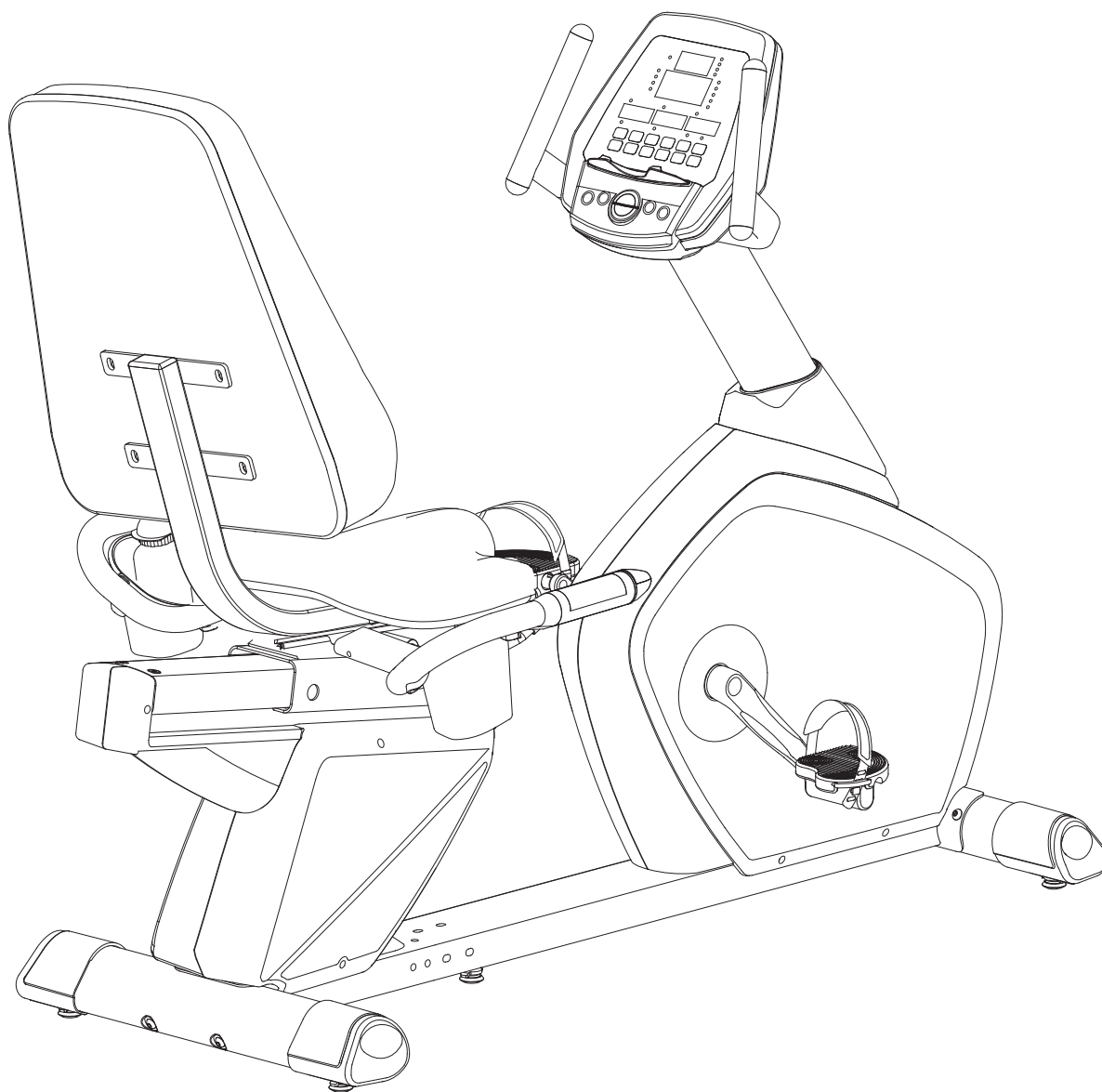




BH FITNESS RS8 RECUMBENT CYCLE

OWNER'S MANUAL



BH FITNESS

20155 Ellipse, Foothill Ranch, CA 92610

Phone: 949-206-0330

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INTRODUCTION

Congratulations for selecting the RS8 Recumbent Cycle as a fitness resource. The BH Fitness Rs8 offers many exercise programs that benefit users of all levels and ages.

The RS8 is designed to make your workouts more effective and enjoyable.

Please read this manual carefully before using the RS8. This will allow you to get a full understanding of all the features the BH Fitness Recumbent Cycle provides. If you have questions or concerns, please contact BH FITNESS or any authorized BH FITNESS distributors in your area.

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BEFORE YOU BEGIN

It is very important to become familiar with the frequently used components of your RS8.

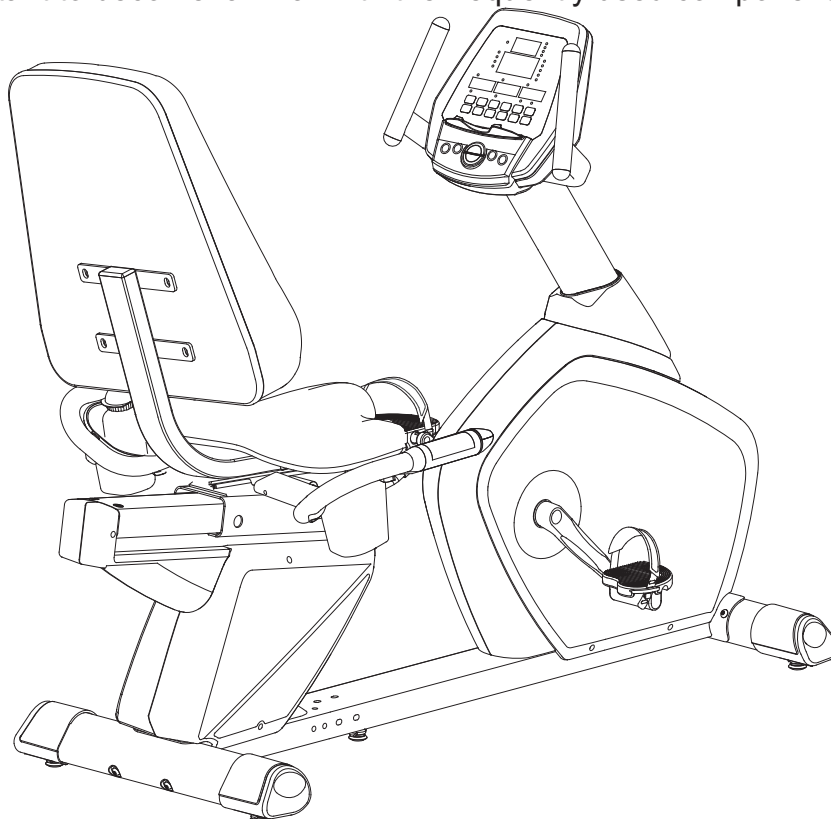




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SECTION 1 - IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the Unit.

User Safety:

Before using this or any other exercise equipment **consult your family physician or health care professional** in order to develop a well-planned exercise program to fit your health needs. If you encounter any pain or breathing discomfort while working out, **STOP!**, and consult a physician before continuing.

1. Close supervision is necessary when this unit is used by or near children, invalids or disabled persons. Children are curious and vulnerable to accidents. Do not use the unit as a toy.
2. Do not wear loose or dangling clothing while using the unit.
3. Maximum user weight is 350 lbs.
4. Only one person can use the unit at a time.
5. Keep hands away from moving parts.
6. The owner is responsible for explaining safety instructions to each user.

Unit Safety:

WARNING: To reduce the risk of fire, electric shock, injury to persons or inflicting the harm of a burn:

7. Never leave the unit unattended when plugged in. Unplug the unit from the electrical power before leaving the room, when unused and before cleaning, servicing or adding or removing parts.
8. Unplug the unit prior to cleaning to reduce the risk of electric shock, serious burns, and the risk of injuries.
9. Never operate this unit if it has a damaged electrical cord or plug. Do not operate this unit if it is not working properly. Do not operate this unit if it has been dropped or damaged. Do not operate this unit if it has been immersed into water. Return the unit to a service center for examination and repair.
10. Do not pull or carry the unit by the electrical cord. Do not use the cord as a handle.
11. Keep the electrical cord away from heated surfaces.
12. Connect this unit to a properly grounded 110-120V, 15 or 20 Amp dedicated outlet only.
13. Call your service center or BH Fitness with your concerns before taking your unit in for repair.
14. Do not place sharp objects near the unit. Never drop or insert any object into any opening.
15. Do not use outdoors.
16. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.



IMPORTANT SAFETY INSTRUCTIONS (cont'd)

17. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
18. For safety, keep a minimum clearance of 18" on the front and each side and 24" at the rear of the unit. Place the unit on a flat stable surface.

Please save these Instructions

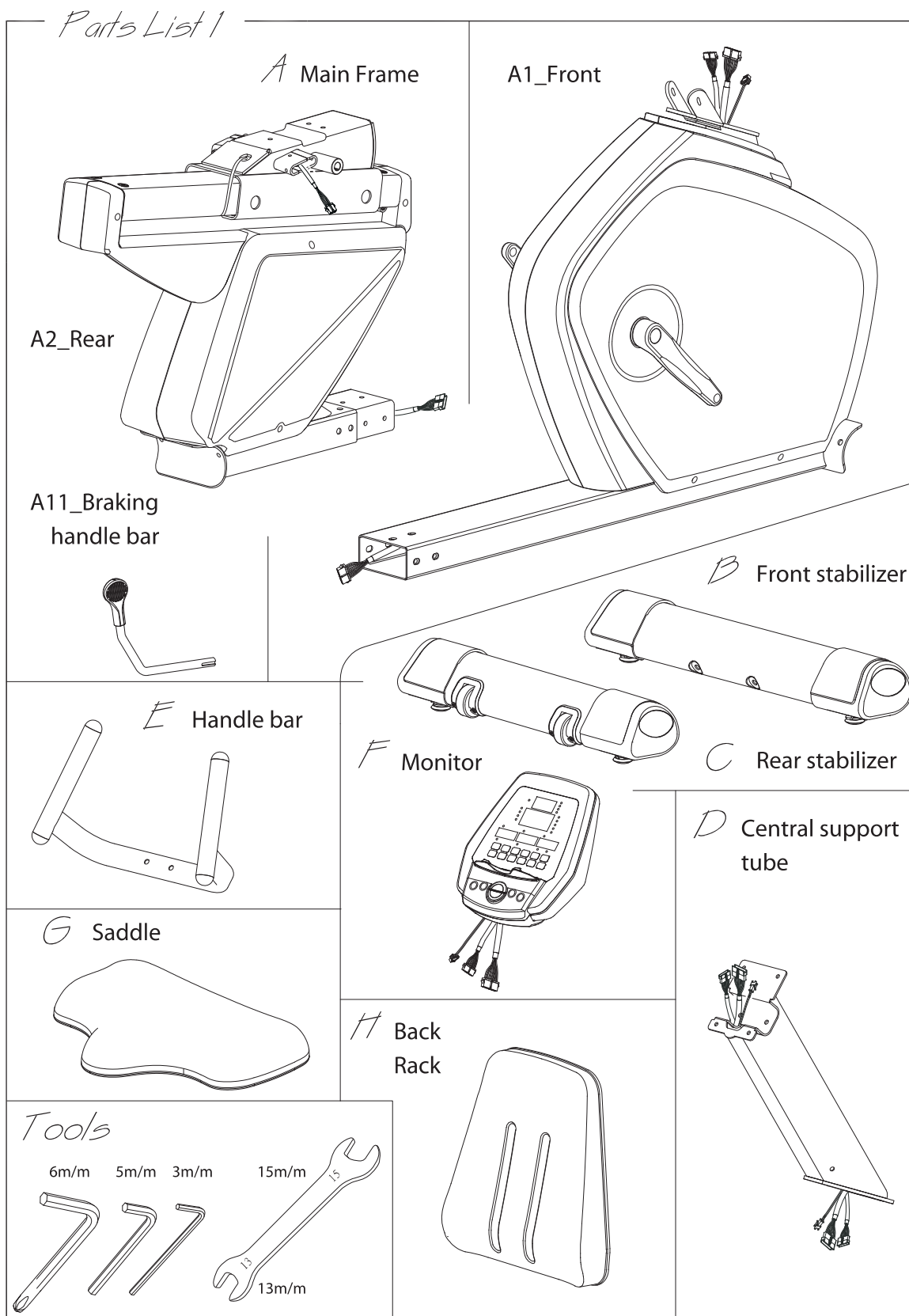
ELECTRICAL POWER CONNECTOR

Your RS8 Recumbent Cycle has a two prong external electrical power connector for use on a nominal 110-120 volt circuit. Use only the electrical power connector provided with your RS8 Recumbent Cycle. If you misplace the electrical connector, please contact BH Fitness for an original replacement. Use of the wrong electrical connector may cause damage to your RS8 Recumbent Cycle. Do not use an adapter or extension cords with this product.

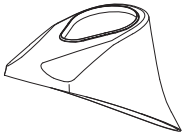
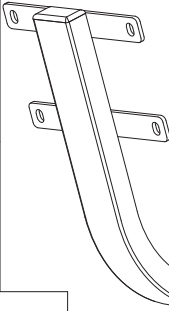
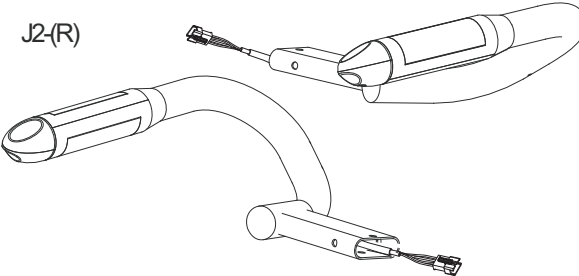

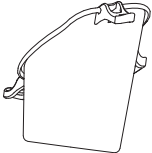

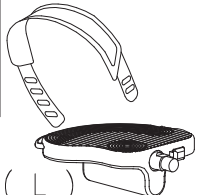
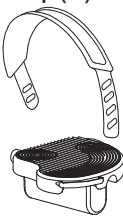




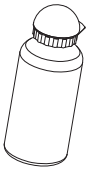
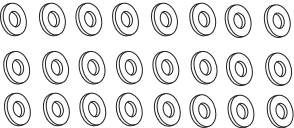




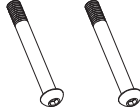



CLEANING

Clean with soap and slightly damp cloth only; never use solvents.

SECTION 2 - PRE ASSEMBLY INSTRUCTIONS



PRE ASSEMBLY INSTRUCTIONS (cont'd)

<p><i>Parts List 2</i></p> <p>/ Decoration Cover</p> 	<p><i>P</i></p> <p>Saddle Tube</p> 	<p>✓ Side Handle bar</p> <p>J1-(L)</p> <p>J2-(R)</p> 
<p><i>M</i></p> <p>M1 Accessory tray(LEFT)</p> <p>M2 Accessory tray(RIGHT)</p>  		<p>∠ Pedal (S5)Strap(L)</p> <p>(S4)Strap(R)</p> <p>L-(L)</p> <p>L-(R)</p>  
<p><i>N</i></p> <p>Screw Bag</p> <p>(N2)–Spring Washer M8</p>  <p>(N5)–Screw M8X35</p>  <p>(N8)–Screw M6X10</p>  <p>(N11)–Washer M8X16X1.2T(BLACK)</p> 	<p><i>K</i></p> <p>Water Bottle</p>  <p>(N3)–Washer M8X16X1.2T</p>  <p>(N6)–Screw M8</p>  <p>(N9)–Screw M4X15</p>  <p>(N12)–Washer 8X4.5</p> 	<p>(N1)–Screw M8X15</p>  <p>(N4)–Screw M8X105</p>  <p>(N7)–Screw M8X20</p>  <p>(N10)–Screw M6X8</p>  <p><i>S</i> Adapter</p> 

ASSEMBLY INSTRUCTIONS

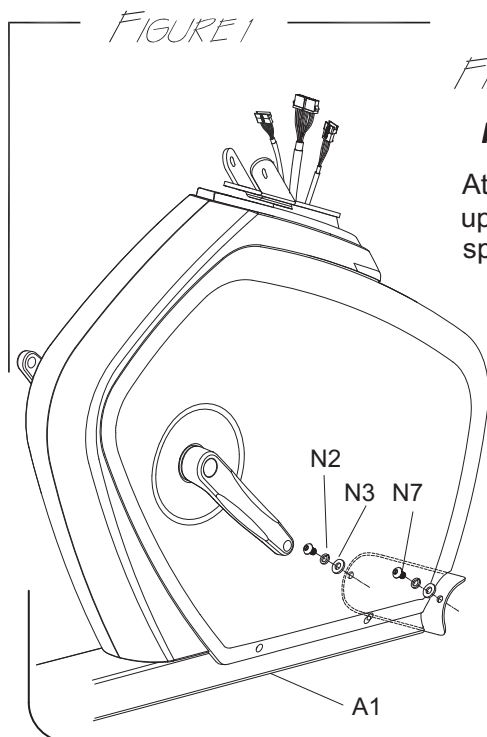


FIGURE 1

FIGURE 1: FRONT STABILIZER ASSEMBLY

Attach the front stabilizer(B) to the main frame (A1). Line up the mounting holes and secure them with bolts (N7), spring washer (N2) and washer (N3)

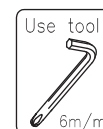
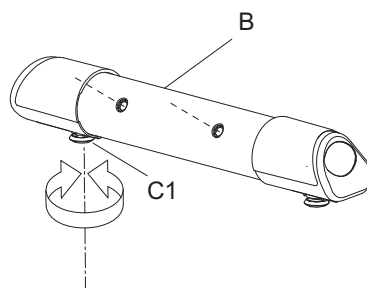


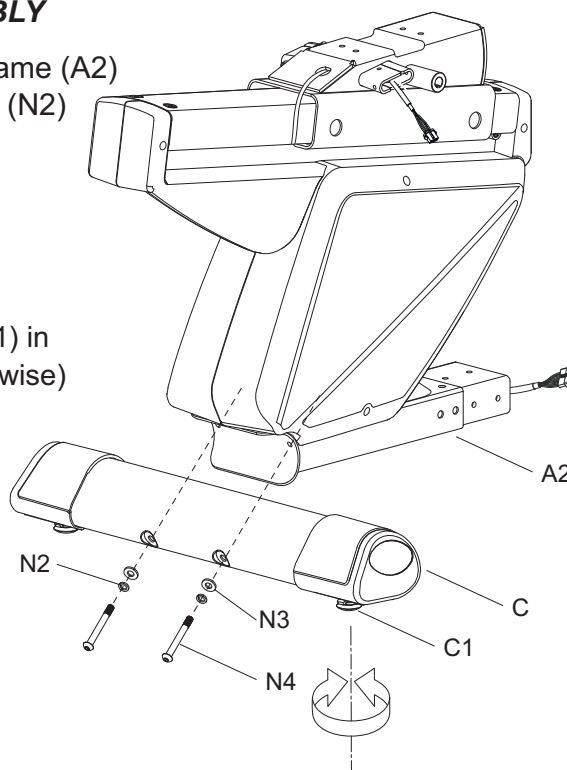
FIGURE 2

FIGURE 2: REAR STABILIZER ASSEMBLY

Attach the rear stabilizer(C) to the main frame (A2) secure them with bolts (N4), spring washer (N2) and washer (N3)

LEVELING THE MACHINE

** If machine is rocking or unstable after Figure 1 & Figure 2 assemblies, tighten (C1) in clockwise direction or loosen (counterclockwise) to achieve stability



ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 3: FRONT & REAR MAIN FRAME ASSEMBLY

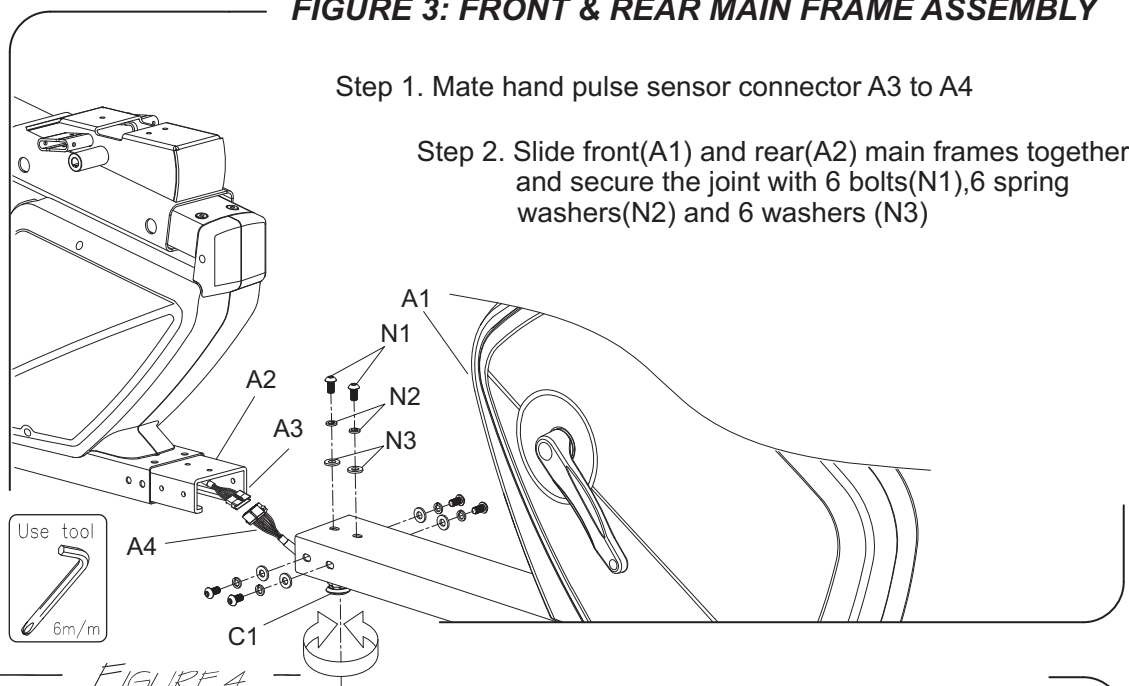


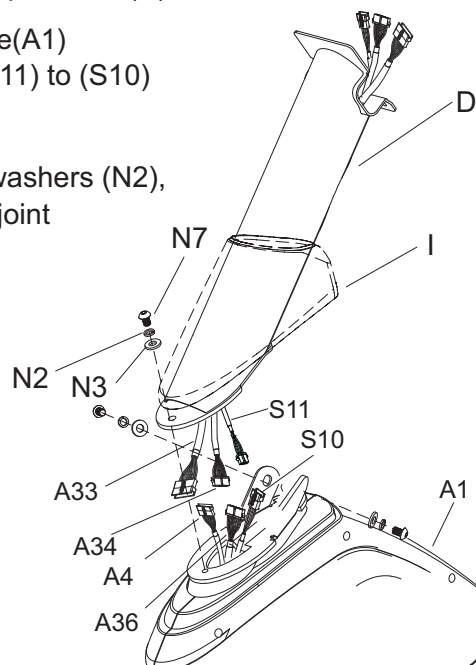
FIGURE 4: CENTER SUPPORT TO MAIN FRAME ASSEMBLY

Step 1. Slide decorative cover (I) up the center support tube (D)

Step 2. From the center tube (D) to the main frame(A1)
Mate sensor cables (A33) to A(36) and (S11) to (S10)
and power cable A34 to A4

Step 3. Secure the with 3 bolts (N7), spring washers (N2),
3 washers (N3). Slide the cover (I) over the joint

ATTENTION: TAKE CARE NOT TO PINCH THE
CABLES DURING THE ASSEMBLY PROCESS

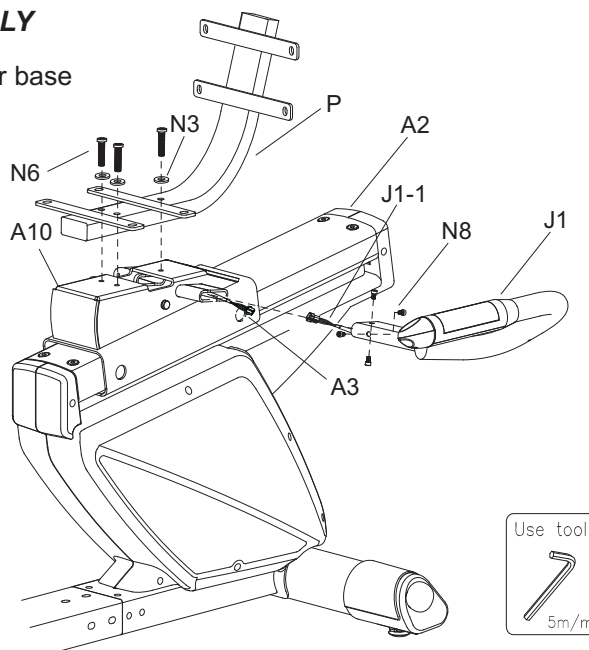


ASSEMBLY INSTRUCTIONS (cont'd)

**FIGURE 5: SEAT SLIDER RELEASE HANDLE
& RIGHT HANDLE BAR ASSEMBLY**

Step1. Place the back support tube(P) on the slider base A10 and secure tightly using washer(N3) and bolt(N1).

Step2. Connect (J1-1) from the handle to (A3)(base slider) and slide handle bar (J1) onto base slider(A10) Secure using 4 screws(N8).

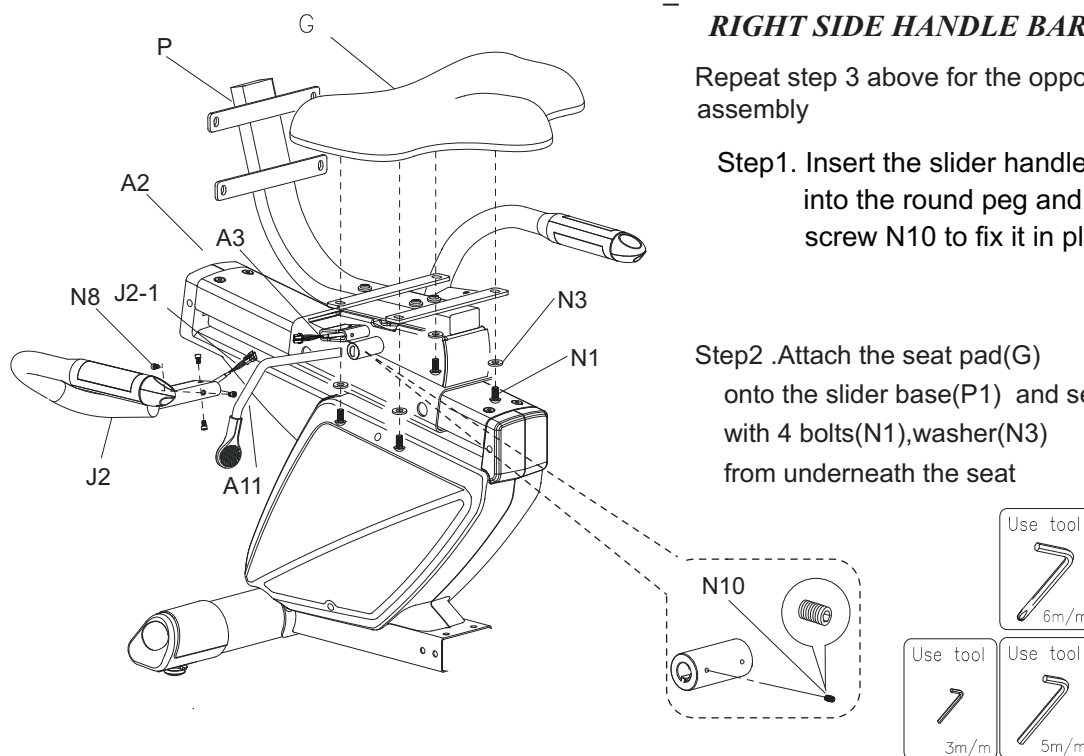


**FIGURE_6 ASSEMBLY FOR STOP BAR&
RIGHT SIDE HANDLE BAR**

Repeat step 3 above for the opposite handlebar assembly

Step1. Insert the slider handle (A11) into the round peg and use set screw N10 to fix it in place

Step2 .Attach the seat pad(G) onto the slider base(P1) and secure with 4 bolts(N1),washer(N3) from underneath the seat



ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 7: BACKREST & ACCESSORY TRAY

Step 1. Place backrest (H) against backrest tube (P) and attach with hex screws (N1) & washer (N3)

Step 2. Attach accessory trays(M1/M2) to the side of the handlebars (J1/J2) and secure with screws (N9), and washer (N3)

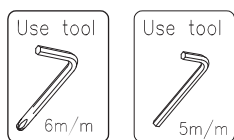
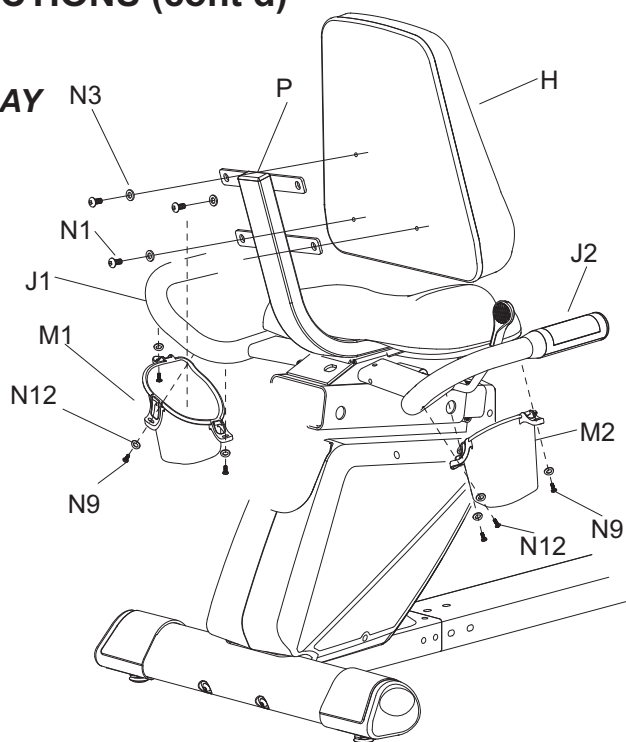


FIGURE 8

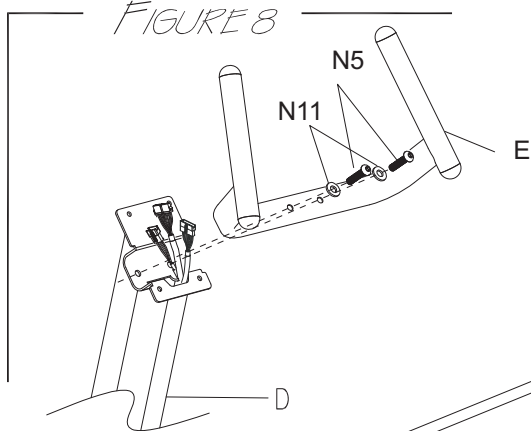


FIGURE 8-1 CONSOLE HANDLEBAR ASSEMBLY

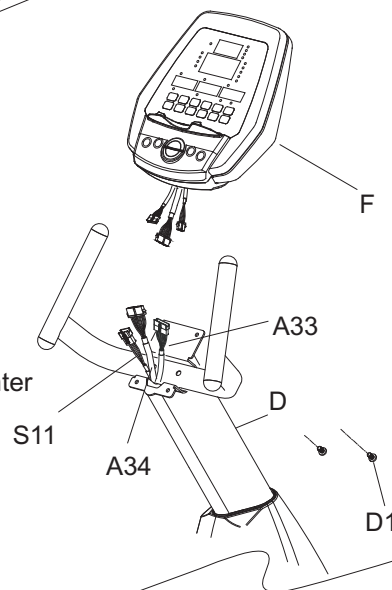
Place the small handle bar(E) onto the bracket of the center tube(D) and use 2 bolt (N5) and 2 washers (N11) to secure

FIGURE 8-2 CONSOLE ASSEMBLY

Step1: From the center tube (D), connect cables(A33, A34,S11) to those coming from the console.

Step2: Gently tuck all excess wires into the center tube (D) and the console cavity. Slide the console onto the bracket on the center tube(D). Secure the assembly using two screws(D1).

Note: Screws(D1) is pre- attached on the backside of the console. Remove it before sliding the console onto the bracket.



ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE_9 ASSEMBLY RIGHT & LEFT PEDAL

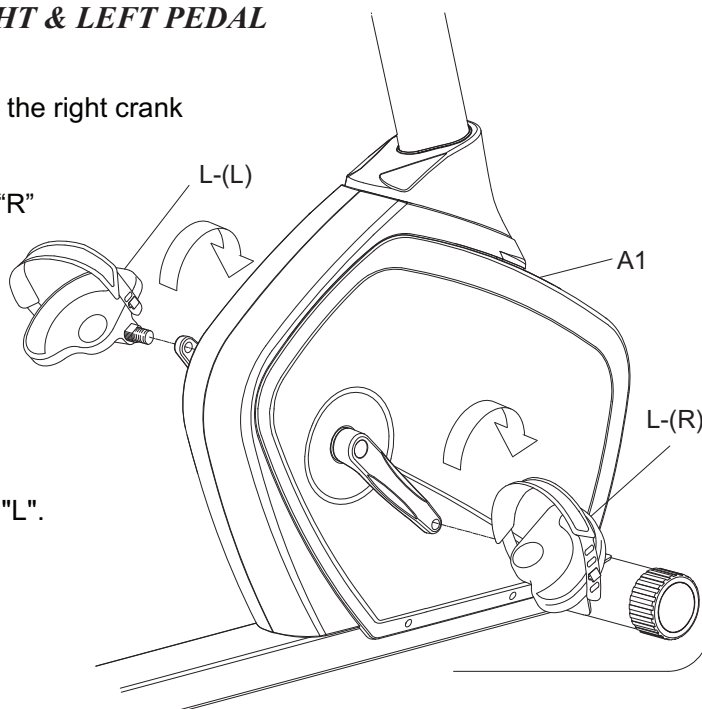
Install the strap on each pedal

Step 1: Thread the right pedal (L-R) onto the right crank
Secure in place by turning it clockwise.

Note: Right pedal (L-R) is marked with an "R"

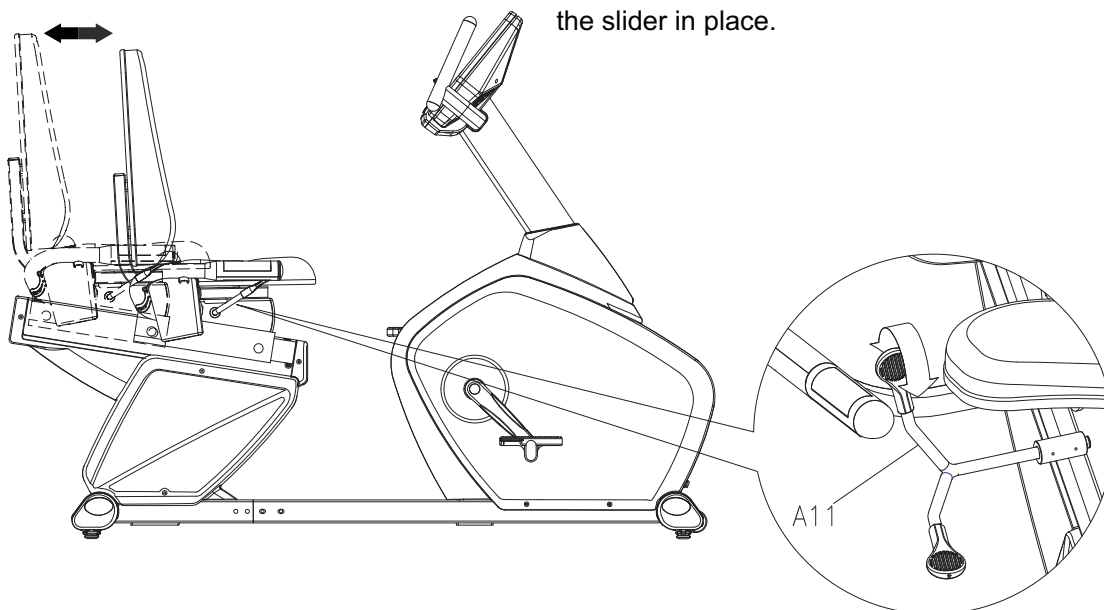
Step 2: Thread the left pedal (L-L)
onto the left crank. Secure in place
by turning it counter-clockwise

Note: Left Pedal (L-L) is marked with an "L".



FIGURE_10 ADJUSTING SEAT POSITION

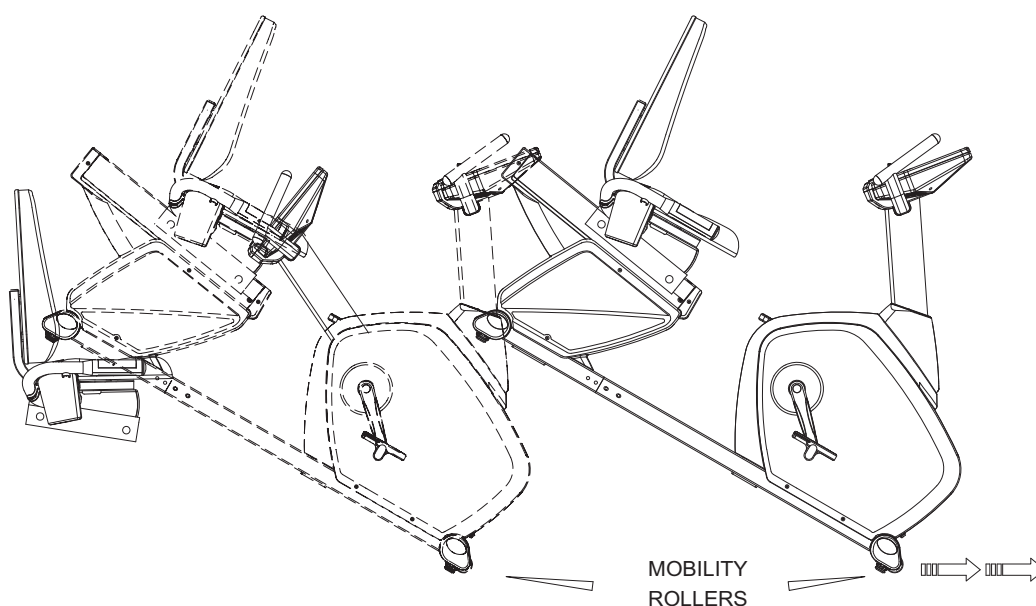
Push the seat slide adjustment handle (A11) forward,
then slide the seat back or forth as desired.
Then pull the adjustment handle back up to lock
the slider in place.

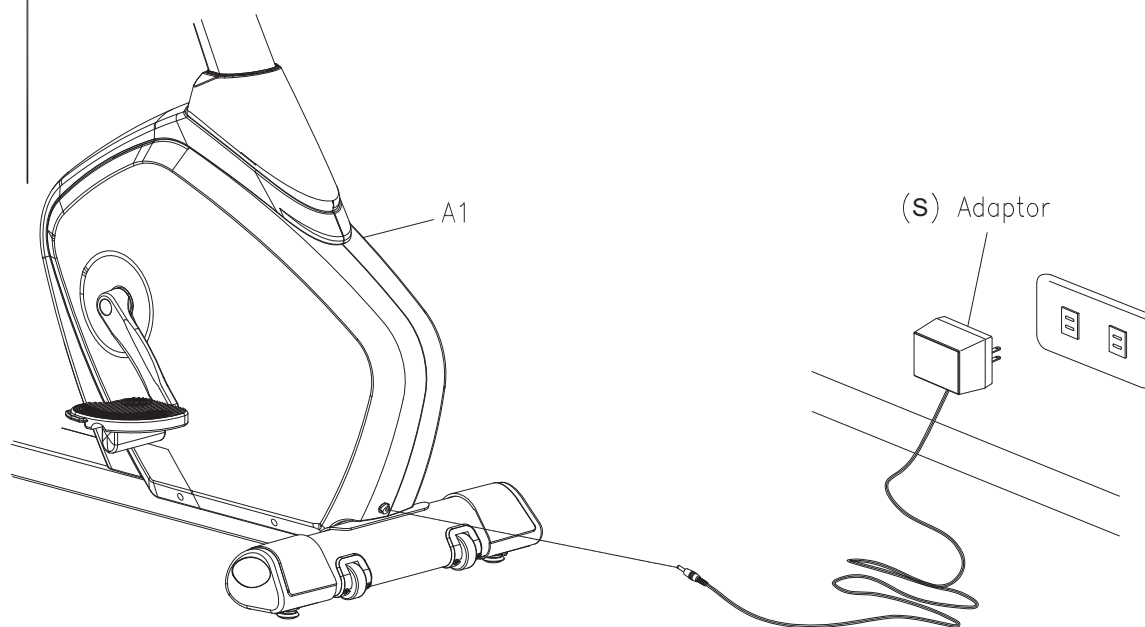


ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE_12 MOVING THE MACHINE

The front stabilizer has built-in mobility rollers. Stand at the rear of the machine and lift it up until the weight of the machine is transferred to the mobility rollers. Push or pull to move the machine.



ASSEMBLY INSTRUCTIONS (cont'd)*FIGURE 13***FIGURE_13 USING THE ADAPTOR**

Place the machine near a wall outlet and plug in the adaptor (S) and plug the other end of the adaptor (round plug) to the jack on the machine



RS8 RECUMBENT CYCLE

SECTION 3 – PARTS LIST

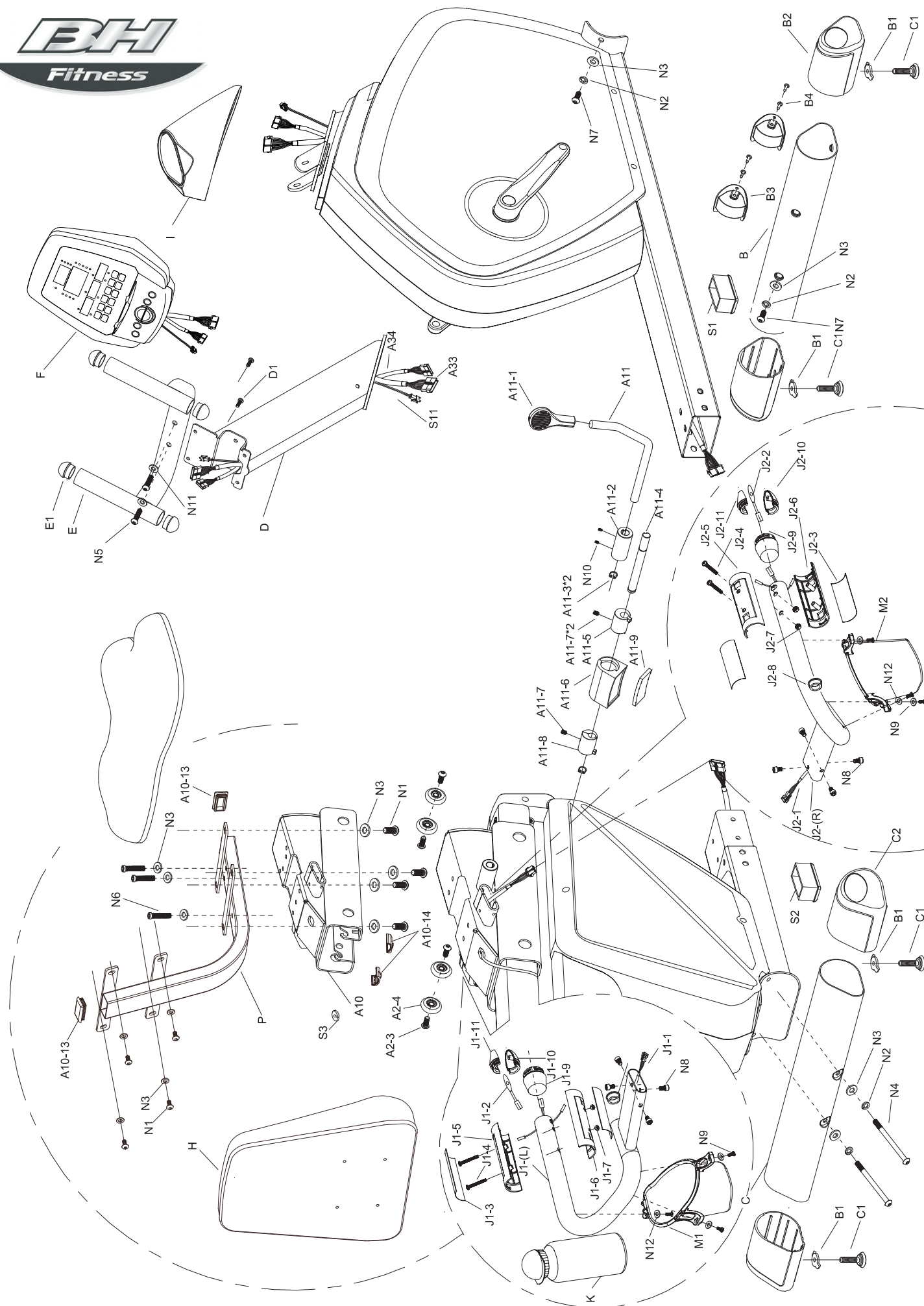
P/N	Part	DESCRIPTION	Q'TY	P/N	Part	DESCRIPTION	Q'TY
A1		FRONT MAIN FRAME	1	A11-3		C CLIP C10	2
A2		REAR MAIN FRAME	1	A11-4		AXLE FOR BRAKING $\frac{1}{2}$ " 12*122	1
A2-1		ALUMINUM TRACKING 52.4*104.8*587L	1	A11-5		BUSHING $\frac{1}{2}$ " 12* $\frac{1}{2}$ " 24*33.2	1
A2-2		SCREW M8*10	4	A11-6		BRAKE PAD 40.5*65	1
A2-3		SCREW M8*22	4	A11-7		SCREW STOPPING M6*10	2
A2-4		WHEEL $\frac{1}{2}$ " 7.8* $\frac{1}{2}$ " 37.5*11L	4	A11-8		BUSHING $\frac{1}{2}$ " 12* $\frac{1}{2}$ " 24*33.2	1
A2-5		SCREW $\frac{1}{2}$ " 15*22	2	A11-9		BRAKING STOPPER T2.0*28*58	1
A2-6		SCREW M4*12	4	A12		SENSOR WIRE	1
A2-7		SLIDE FIXING SUPPORT(RIGHT)	1	A14		NUT	1
A2-8		SLIDE FIXING SUPPORT(LEFT)	1	A14-1		POWER CORD	1
A3		HAND PULSE SENSOR REAR	1	A14-2		SENSOR WIRE	1
A4		HAND PULSE SENSOR MIDDLE	1	A14-3		CONNECT WIRE TWEEN ACID-LEAD BATTERY	1
A5		NUT 3/8"*26*7mm	2			AND POWER SUPPLY CONTROLLER	
A6		FLYWHEEL $\frac{1}{2}$ " 260*9KGS	1	A15		SENSOR PIPE HOUSING	1
A6-1		C CLIP C10	2	A16		SCREW #6*32*12L	1
A6-2		BEARING 6000ZZ	1	A17		CRANK RIGHT 170L	1
A6-3		NUT 3/8"*0.5T	1	A17-1		SCREW M8*25	1
A6-4		NUT 3/8"*26*3mm	1	A17-2		END CAP	1
A6-5		AXLE $\frac{1}{2}$ " 10*120L	1	A17-3		BELT 6PJ46"	1
A6-6		BEARING 6003ZZ	1	A18		BELT PULLEY $\frac{1}{2}$ " 260	1
A6-7		BEARING 6300ZZ	2	A18-1		C CLIP C17	2
A6-8		PULLEY $\frac{1}{2}$ " 37* $\frac{1}{2}$ " 17*60.9	1	A18-2		NUT M6	4
A6-9		ONE WAY BEARING	1	A18-3		MAGNET	1
A7		BEARING 6203ZZ	2	A19		SCREW M8*52	1
A8		HOUSING-MAGNET	1	A19-1		NUT M8	1
A8-1		WASHER M6* $\frac{1}{2}$ " 19*T1.5	1	A20		AXLE FOR BELT PULLEY $\frac{1}{2}$ " 17*153	1
A8-2		NUT M6	1	A20-1		SCREW M6*16	4
A8-3		WASHER $\frac{1}{2}$ " 6* $\frac{1}{2}$ " 22*T1.0	1	A21		PRESSING PIPE	1
A8-4		NUT M6	1	A21-1		SCREW M8*25	1
A8-5		SCREW M6*60	1	A21-2		WASHER M8*22*1.5	2
A8-6		TENSION CABLE 177L	1	A21-3		WASHER 10*24*0.3T	2
A8-7		SPRING $\frac{1}{2}$ " 10.2* $\frac{1}{2}$ " 1.2*11*55L	1	A21-4		NUT M8	1
A9		SPRING $\frac{1}{2}$ " 3*101L	1	A21-5		C CLIP C12	1
A10		SLIDING TRACKING	1	A21-6		WHEEL $\frac{1}{2}$ " 44* $\frac{1}{2}$ " 39*21.9L	1
A10-13		END CAP 25*50	2	A21-7		BEARING 6001ZZ	1
A10-14		PACKING FILM	2	A22		CRANK LEFT 170L	1
A11		SEAT ADJUSTMENT HANDLE	1	A22-1		SCREW M8*52	1
A11-1		PLASTIC WRAP $\frac{1}{2}$ " 8*71L	1	A22-2		END CAP	1
A11-2		CONNECTING HOUSING $\frac{1}{2}$ " 12*50	1	A23		FRONT LEFT CHAIN COVER	1



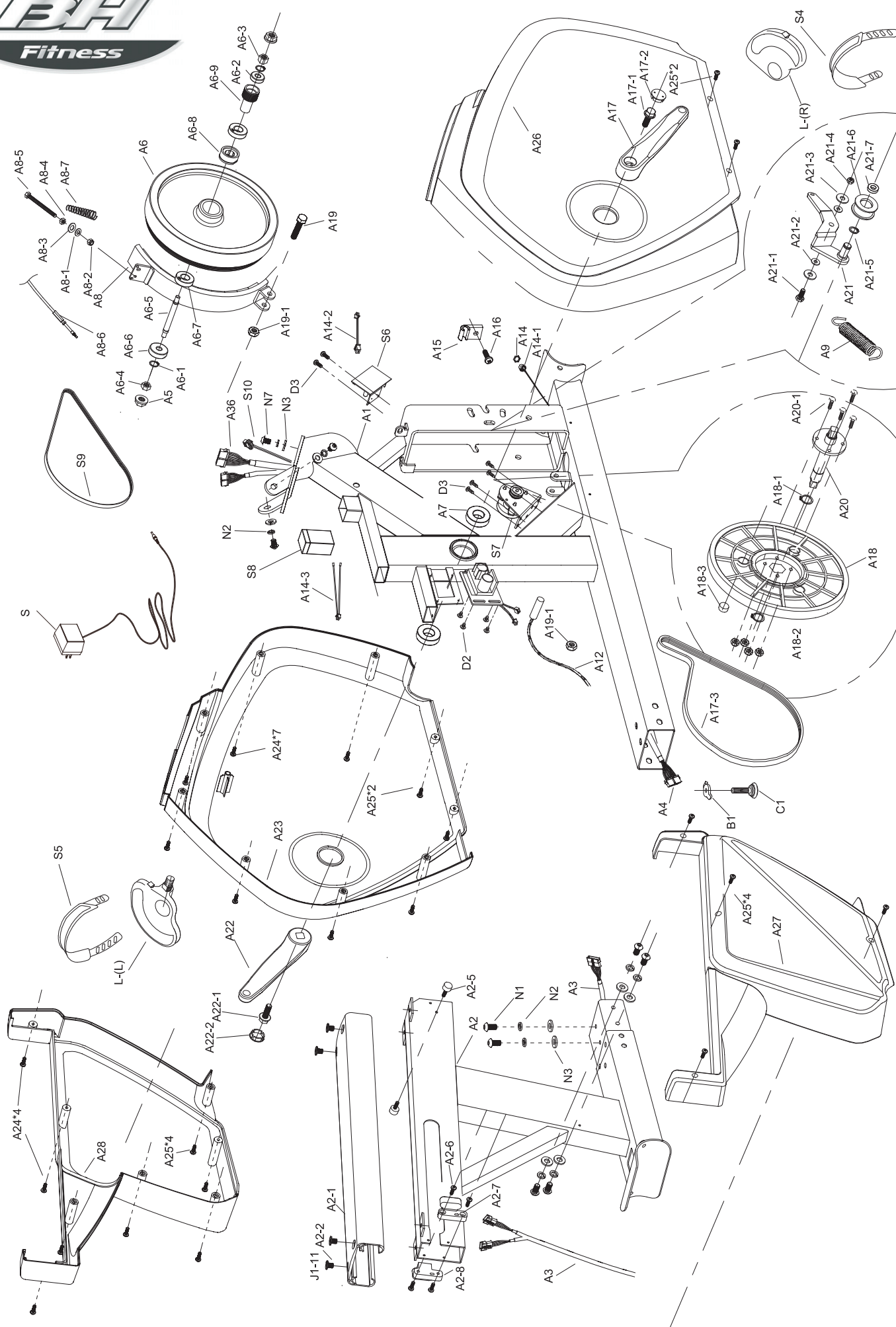
RS8 RECUMBENT CYCLE

PARTS LIST (cont'd)

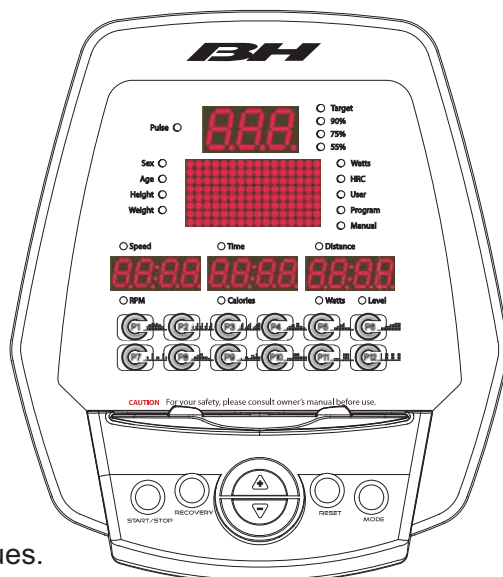
A24		SCREW M4*20	11	J2-1		HAND PULSE SENSOR WIRE	1
A25		SCREW M5*20	12	J2-2		PLASTIC CIRCUIT BOARD RIGHT	1
A26		FRONT RIGHT CHAIN COVER	1	J2-3		PAD FOR HAND PULSE	2
A27		REAR RIGHT CHAIN COVER	1	J2-4		SCREW M3*35L	2
A28		REAR LEFT CHAIN COVER	1	J2-5		HAND PULSE	1
A33		SNNSOR WIRE	1	J2-6		HAND PULSE	1
A34		HAND PULSE SENSOR FRONT	1	J2-7		NUT M3	2
A36		MOTOR	1	J2-8		END CAP	1
B		FRONT STABILIZER	1	J2-9		END CAP	1
B1		ADJUSTED END	5	J2-10		CONTROLLER FOR RIGHT HANDLE BAR	1
B2		END CAP	2			§ 26* § 42*60.6	
B3		TRANSPORATION WHEEL	2	J2-11		CONTROLLER FOR RIGHT HANDLE BAR	1
B4		SCREW #8*32*5/8"	4	K		WATER BOTTLE	1
C		REAR STABILIZER	1	L-(L)		PEDAL RIGHT JD-22A9/16"	1
C1		ADJUSTED END M8* § 29*42.5	5	L-(R)		PEDAL LEFT JD-22A9/16"	1
C2		END CAP	2	M1		ACCESSORY TRAY(LEFT)	1
D		MAIN SUPPORTING TUBE	1	M2		ACCESSORY TRAY(RIGHT)	1
D1		SCREW	2	N1		SCREW M8*15	14
D2		SCREW M5*10	4	N2		WASHER M8	13
D3		SCREW M5*12	6	N3		WASHER M8*16*1.2T	24
E		FRONT SMALL HANDLE BAR	1	N4		SCREW M8*105	2
E1		CEG CAP	4	N5		SCREW M8*35	2
F		MONITOR	1	N6		SCREW M8	3
G		SEAT	1	N7		SCREW M8*20	5
H		BACKREST	1	N8		SCREW M6*10	8
I		COVER	1	N9		SCREW M4*15	6
J1(L)		LEFT SIDE HAND BAR	1	N10		SCREW M6*8	2
J1-1		HAND PULSE SENSOR WIRE	1	N11		WASHER M8*16*1.2T	2
J1-2		PLASTIC CIRCUIT BOARD LEFT	1	N12		WASHER 8*4.5	6
J1-3		PAD FOR HAND PULSE	2	P		BACK PAD SUPPORT TUBE	1
J1-4		SCREW M3*35L	2	S		ADAPTOR	1
J1-5		HAND PULSE	1	S1		END CAP	1
J1-6		HAND PULSE	1	S2		END CAP	1
J1-7		NUT M3	2	S3		END CAP	1
J1-8		END CAP	1	S4		STRAP(R)	1
J1-9		END CAP	1	S5		STRAP(L)	1
J1-10		CONTROLLER FOR RIGHT HANDLE	1	S6		PANEL	1
		BAR § 26* § 42*60.6		S7		GENERATOR	1
J1-11		CONTROLLER FOR RIGHT HANDLE BAR	1	S8		ACID-LEAD BATTERY	1
J2-(R)		RIGHT SIDE HAND BAR	1	S9		BELT	1
				S10		SENSOR WIRE	1
				S11		SENSOR WIRE	1



RS8 EXPLODED VIEW



SECTION 5 –CONSOLE



FUNCTION BUTTONS:

MODE To confirm all setting values.

RESET To reset all setting values.

Press and hold for 2 seconds monitor will resume to power-up mode.

START/STOP To start or stop training.

When time countdown to 0:00, the computer will stop automatically and beep for 8 seconds. Time will resume to previous setting value.

When user stop training by themselves, the computer will remain all the setting values and display heart rate chart

UP To make upward setting.

DOWN To make downward setting.

RECOVERY In stop or start mode, press the button will start heart rate recovery status measurement. Time will count down from 60 seconds.

FAN To turn on or turn off the fan

P1 Switch to program profile 1.

P2 Switch to program profile 2

P3 Switch to program profile 3

P4 Switch to program profile 4

P5 Switch to program profile 5

P6 Switch to program profile 6

P7 Switch to program profile 7

P8 Switch to program profile 8

P9 Switch to program profile 9

P10 Switch to program profile 10

P11 Switch to program profile 11

P12 Switch to program profile 12

FUNCTIONS:

TIME Count up—no preset target, time will count up from 0:00 to maximum 99:59

Count down—with preset target, time will count down from preset to 0.

SPEED Display training speed from 0.0 to maximum 99.9 km or mi.

RPM Display training rotation per minute

CALORIES Count up – no preset target, calories will count up from 0 to maximum 9990.

Count down—with preset target, calories will count down from preset to 0.

CONSOLE (cont'd)

DISTANCE Count up – no preset target, distance will count down from 0.00 to 99.50.
 Countdown – with preset target, distance will count up from preset to 0.

PULSE The monitor will detect heart rate, if the user holds on to handgrip sensors
 and, at the same time, wears chest belt, the handgrip reading is displayed (takes priority).
 When the monitor cannot detect pulse signal, it will display "P".

OPERATING PROCEDURE:

Power On

Start pedaling at 15 RPM, the monitor will display all segments with a long beep for 2 seconds. Use (+) or (-) buttons to select U1 (User #1) to U4 (User #4) as the user's identification. Press MODE to accept and all program LED's will flash. Press (+) or (-) buttons to scroll through the programs. Press MODE to select from top to bottom (WATT, HRC, USER, PROGRAM, MANUAL)

Training mode

Training mode selection in order top to bottom:

1-1 WATT Control Mode

User may change preset WATT value by pressing (+) or (-) buttons in 5W increment and press MODE to confirm.

TIME : when blinking, user may press (+) or (-) buttons to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: when blinking, user may press (+) or (-) buttons to set up target distance from 0.00 to 99.50 Press MODE to confirm setting..

CALORIES: when blinking, user may press (+) or (-) buttons to set up target calories from 0 to 350. Press MODE to confirm setting

PULSE: the monitor will detect user's heart rate. Please hold on to the handgrip sensors or wear chest belt during exercise.

Press START button to start training:

Screen displays profile automatically according to the preset target Watt data, current RPM and training speed. This profile is not available to be adjusted. If the training speed is too fast, resistance level will decrease. Otherwise, it will increase. The adjustment is to maintain the preset Watt for training.

1-2 HRC Mode (Heart Rate Control)

User may preset different target heart rate from 55%, 75%, 90% and Target by pressing (+) or (-) buttons. Press MODE to confirm.

TIME : when blinking, user may press (+) or (-) buttons to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: when blinking, user may press (+) or (-) buttons to set up target distance from 0.00 to 99.50 Press MODE to confirm setting..

CALORIES: when blinking, user may press (+) or (-) buttons to set up target calories from 0 to 350. Press MODE to confirm setting

PULSE: the monitor will detect user's heart rate. Please hold on to the handgrip sensors or wear chest belt during exercise.

Press START button to start training:

The resistance level will adjust accordingly to the user's current heart rate reading as preset. If the heart rate read is below target, the resistance will increase one level every 30 seconds automatically. On the contrary, the resistance will decrease one level every 15 seconds until reaching the lowest level. At this level, if user's heart rate continues to exceed target for more than 30 seconds, the program will stop and start sounding audible beeps to warn user.

CONSOLE (cont'd)

1-3 User Profile Mode

User may create their own profile in this mode. The first segment of the profile will start blinking, then user may press (+) or (-) buttons to adjust resistance level of each segment and press MODE to confirm. There are 16 segments for each profile.

TIME : when blinking, user may press (+) or (-) buttons to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: when blinking, user may press (+) or (-) buttons to set up target distance from 0.00 to 99.50 Press MODE to confirm setting..

CALORIES: when blinking, user may press (+) or (-) buttons to set up target calories from 0 to 350. Press MODE to confirm setting

PULSE: the monitor will detect user's heart rate. Please hold on to the handgrip sensors or wear chest belt during exercise.

Press START button to start training:

The first segment starts blinking and switches to the next segment according to the preset time which is divided into 16 equal segments. Once the preset target data counting down to 0 the program stops automatically. User may press START button to start training again.

Other preset data will keep counting down from previous data.

1-4 Program Mode

There are 12 program profiles (P1~P12) for training selection. User may press program buttons from P1 to P12 to select profiles in stop mode.

Or press (+) or (-) buttons to select each profiles you want and press MODE to confirm. Then you may press (+) or (-) buttons to adjust the resistance level from 1 to 16.

TIME : when blinking, user may press (+) or (-) buttons to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: when blinking, user may press (+) or (-) buttons to set up target distance from 0.00 to 99.50 Press MODE to confirm setting..

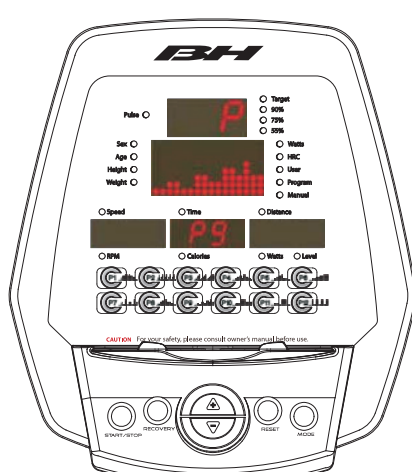
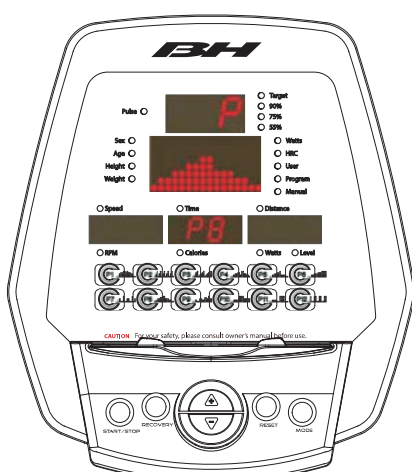
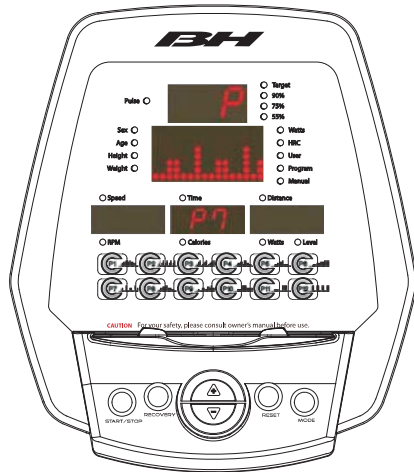
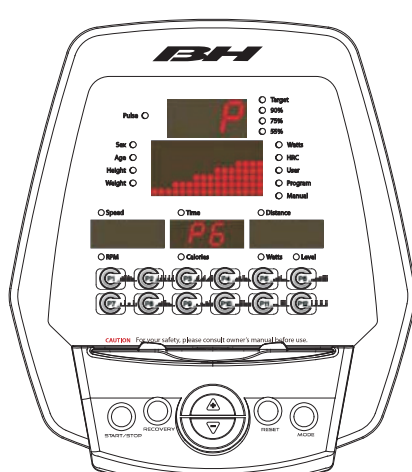
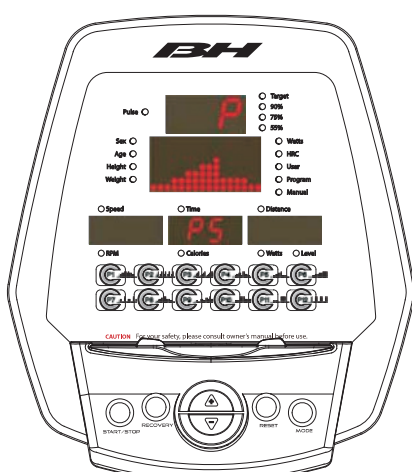
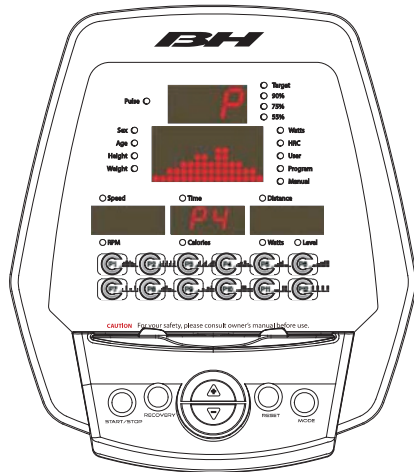
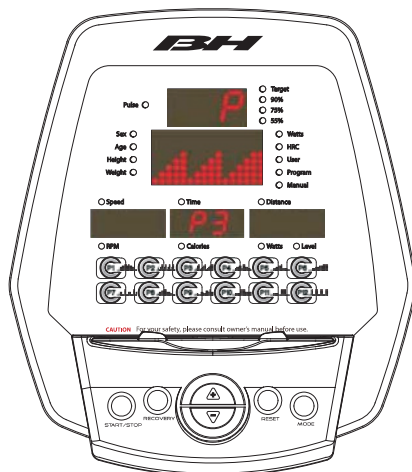
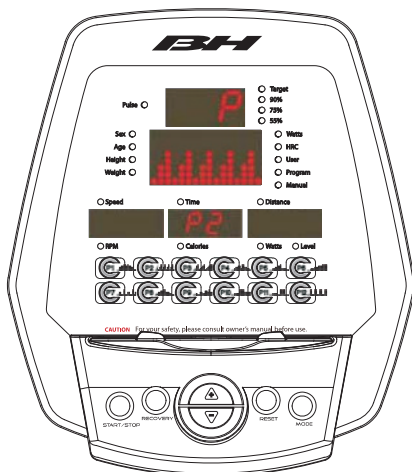
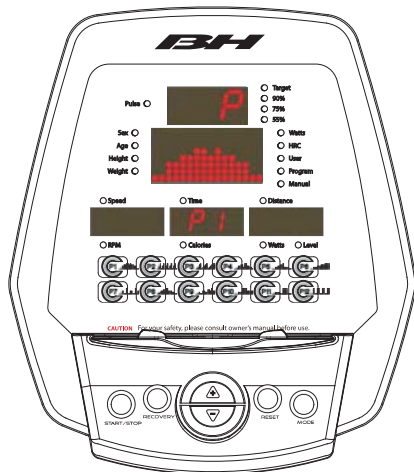
CALORIES: when blinking, user may press (+) or (-) buttons to set up target calories from 0 to 350. Press MODE to confirm setting

PULSE: the monitor will detect user's heart rate. Please hold on to the handgrip sensors or wear chest belt during exercise.

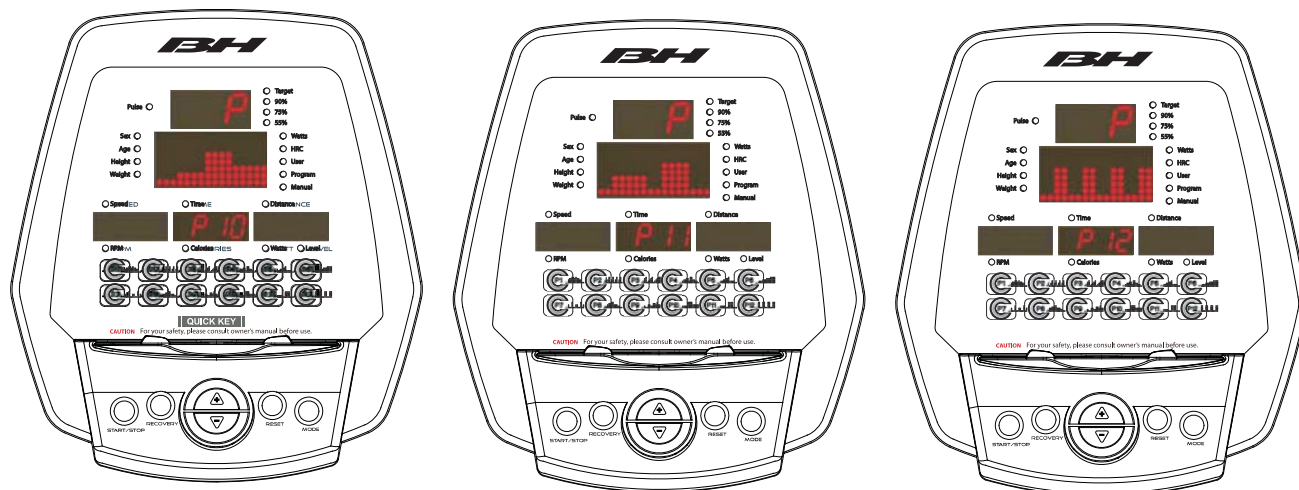
Press START button to start training:

The first LED segment starts blinking and switch to the next segment according to preset time which is divided into 16 equal segments. Once the preset target data counting down to 0, the program stops automatically. User may press START button to start training again. Other preset data will keep counting down from previous data.

CONSOLE (cont'd)



CONSOLE (cont'd)



1-5 Manual Mode

User may preset their own resistance level from 1 to 16 by pressing (+) or (-) buttons. The default resistance is level 1. Press MODE to confirm setting.

TIME : when blinking, user may press (+) or (-) buttons to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: when blinking, user may press (+) or (-) buttons to set up target distance from 0.00 to 99.50 Press MODE to confirm setting..

CALORIES: when blinking, user may press (+) or (-) buttons to set up target calories from 0 to 350. Press MODE to confirm setting

PULSE: the monitor will detect user's heart rate. Please hold on to the handgrip sensors or wear chest belt during exercise.

Press START button to start training:

The first LED segment starts blinking and switches to the next according to the preset time (divided into 16 segments). Once the preset target data counting down to 0, the monitor will stop automatically. User may press START button to start training again. Other preset data will keep counting down from previous data.

NOTE:

1. The display monitor will shut off if the training is stopped or none of the buttons is pressed after 90 seconds.
2. Error message: **E2**
When the monitor displays this information, the control board connection failed. This message will disappear after the failure is corrected.

SECTION 6 – CALCULATING YOUR TARGET HEART RATE

Heart Rate (HR) training has become one of the most popular forms of monitoring your workouts. Nothing tells you how your body is feeling like your own heart. By using your heart rate to tell you how hard to train, you can maximize your workout results.

STEP ONE

Determining your Maximum Heart Rate:

The standard calculation for determining your maximum heart rate, Beats per Minute (BPM), is to subtract your age from the number 220.

Example: If you are 30 years of age, your maximum heart rate is:

$$220 - 30 = 190 \text{ BPM.}$$

STEP TWO

Select your ideal workout HR Zone:

Once you have your maximum heart rate you can use it to determine your Target HR Zone based on your fitness goal(s).

Recent studies have shown:

60-70% of your maximum HR will allow you to lose weight.

70-80% of your maximum HR will improve your aerobic fitness.

80-85% of your maximum will increase your athletic performance.

NOTE: DO NOT exceed 85% of your maximum heart rate.

STEP THREE

Calculate your ideal Target HR:

Using the above percentages, you can calculate your ideal Target Heart Rate for your specific goal.

As an example, the average 30 year old can:

Maximize burn fat / weight loss, by maintaining ~123 BPM during your workout

$$190 * 0.65 = 123 \text{ BPM.}$$

Improve aerobic fitness, by maintaining ~142 BPM during your workout

$$190 * 0.75 = 142 \text{ BPM.}$$

$$\text{Do not exceed } 190 * 0.85 = 161 \text{ BPM}$$

Remember to **consult your family physician or health care professional** to develop a well-planned exercise program to fit your health needs.



MAINTENANCE INSTRUCTIONS CLEANING

WARNING: Always unplug your elliptical prior to cleaning or servicing your unit, in order to avoid electrical hazard or shock.

Care has been taken to assure that your elliptical has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components instead seek service from an authorized service center. However, from time-to-time the outer surfaces may appear dull or dirty, following the instructions listed below will restore and preserve the original finish.

Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the console surface.

From time-to-time the console surface may collect dust or fingers prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores especially made for anti-static surfaces. It is strongly recommended that you purchase such a cleaning compound.



SECTION 7 - WARRANTY

USA / CANADA Warranty

Warranties may vary in other countries. See your local BH Fitness Dealer.

WARRANTY SUBMITTAL

Please have the following information available when contacting your dealer or BH for warranty support.

- A copy of the dated purchase receipt or credit card statement.
- An explanation the problem/malfunction or parts that are missing or damaged.
- Owner's name, address and phone number.
- Model (Recumbent cycle RS8) and Serial Number

Forward your information to BH North America by

FAX: (949) 206-0013

E-mail: fitness@bhnorthamerica.com

Mail to: 20155 Ellipse, Foothill Ranch, California 92610, USA

For troubleshooting assistance or to confirm your claim please phone:

(949) 206-0330

BH FITNESS extends the following exclusive, limited warranty of the BH FITNESS RS8 Recumbent Cycle, which shall apply only to the use of the device in the home, (up to six hours per day). Any other use of the device shall void this warranty.

FRAME – Lifetime (Home Warranty)

BH Fitness warrants the Frame against defects in workmanship and materials for Lifetime, as long as it remains in the possession of the original owner.

ELECTRONICS & PARTS – 5 Years (Home Warranty)

BH Fitness warrants the Electronic components and all original parts against defects in workmanship and materials for a period of five years from the date of original purchase, as long as the device remains in the possession of the original owner.



WARRANTY (cont'd)

LABOR – 1 Year (Home Warranty)

BH Fitness shall cover the labor cost for the repair of the device for a period of one year from the date of original purchase, as long as the device remains in the possession of the original owner. Labor Warranty does not include the travel time and or expense that may result from the unit being outside of the seller or repair technician's normal service zone.

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to cure any defect, provided that labor shall be as detailed above. All labor shall be supplied by the local retailer and the product must be located within the retailer's service area. Travel time that is further than the retailer's normal service area will not be included in the products labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear.

BH FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to BH FITNESS before a warranty claim can be processed.